

## ABSTRACT OF THE DISCLOSURE

Provided is a liquid-absorbent sheet for absorbing drips oozing from a food. The liquid-absorbent sheet includes a 5 laminate of a liquid-pervious layer and an underlying liquid-absorbing layer. The liquid-pervious layer has through-holes that serve as liquid guides capable of passing the drips therethrough, and the liquid-absorbing layer is capable of absorbing the drips having passed through the liquid-pervious layer. The contact angle of a drop of physiological saline to the surface of the liquid-pervious layer is at least 35°, and the electrostatic chargeability of the liquid-absorbing layer is lower than that of the liquid-pervious layer.

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